

UPS Healthy Connections – Informed Choices in the News

An Excerpt from the **Herald News**

Myrtha Suralie lay in the hospital last May, three months pregnant, her diabetes out of whack. On the other end of her ringing cell phone was Marie Wornom, who introduced herself as a health coach, Suralie says. Wornom offered to work with Suralie through her pregnancy.

Sure, Suralie said, she'd like that. The 40-year-old sales supervisor with UPS in Manhattan has always been willing to accept help if it makes sense. Wornom, a registered nurse, works for the UPS-administered health plan. Her services come free, as part of UPS' overall employee health package.

The two women spoke for an hour that first day. Their conversations continued through Suralie's pregnancy, and continue still.

Here are some of the things Wornom did, according to Suralie: She kept tabs on Suralie's blood sugar levels; she researched how her patient could get a handicapped parking permit; she told her the side effects of different medications so Suralie could decide which to take; she called to hear test results; she even helped Suralie with tax issues.

All this by phone, because the two live in different states. And much of this while Suralie lay in the hospital, where she had to stay for nearly four months before she delivered her son. "She keeps me on top of things," Suralie says. "Knowing she's going to call me I want to give her great results."

When Suralie's baby was born, the UPS worker sent photos to Wornom, her coach. And just two weeks ago Wornom called to remind her of a three-month checkup coming up.

"We say that we're sisters," Suralie says.

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